

Ophelia's Place Women's Moving Forward Group Guidelines

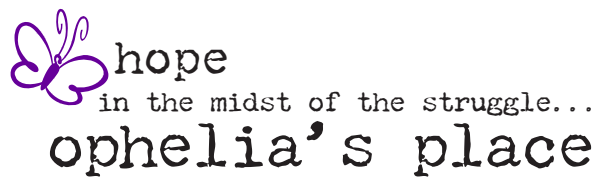
These are guidelines that have developed over the years to keep the group members safe and on level with one another....

1. No specific Eating Disorder labels - anyone struggling with an eating disorder, disordered eating, body dissatisfaction is welcome to this group. you do not need an official diagnosis to attend - if food is controlling your life, in any way, you are welcome. We do not discuss labels because we don't need to compare ourselves to others and we just need to recognize that we are all struggling so that becomes our starting place, not a diagnosis.
2. No food in group - you are more than welcome to have coffee, tea, soda, hot chocolate in group, but we do not allow food, chips, candy, etc.
3. Support is provided, not therapy - our group is a peer run support group - we are about offering support, finding ways to work through difficult situations, celebrating victories and challenging each other to move forward in recovery
4. No numbers or behaviors (weight, size, calories, bingeing, restricting, etc.) - we do not talk about numbers or behaviors because it isn't helpful - those are the easy things to talk about, but talking about how we feel is the hard part - so that's what we focus on - the feelings, the fear, the guilt, the feeling of not being good enough....
5. No trauma talk - since our group is peer ran and we offer support and not therapy, we believe that talking about trauma in group is more harmful than helpful... trauma should be shared with your therapist and treatment team.
6. No cross talk - meaning no smaller conversations going on within the larger conversation - also no private conversations brought within group - such as private jokes
7. Drinking or self-harm within this building will not be tolerated
8. Any discussion of harming ones self or someone else will be taken seriously
9. Offer support before advice and use "I" statements- sometimes we are so willing to tell someone what they need to do first before we have even acknowledge what they are going through - so support first, use I statements and then offer your thoughts..
10. Be respectful and responsible to yourself and others - the old adage is true - you will get what you put into it... Be brave and participate.

...i will take refuge in the shadow of your wings...psalm 57

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501(c)3 non-profit organization



Group Format - Most Weeks

The group runs from 6pm - 7:30pm - sometimes we end early some days we don't - it's nice to be flexible...

- a welcome - and an explanation of the guidelines....
- a check-in and introducing ourselves
- usually have some bit of a large discussion - over a poem, a reading, a phrase,
- journaling - we have journals at Ophelia's Place that you may have, or please feel free to bring your own...

What we journal - three things -

1. we journal what we have done to move forward in recovery - many times we don't accept credit or acknowledge the things we have done to move forward - so at this time we write what those things are - it could be walking into Ophelia's Place, making a phone call to the doctor, talking with a friend, going to the grocery store, asking a friend for help, etc. nothing is too small for this list... our main goal in this exercise is to recognize the steps you are taking in moving forward and to know that Ophelia's Place validates the work you are doing.

2. we also journal about the things we are struggling with - sometimes people refer to these things as their challenges for the week - you can write whatever you are struggling with - we just ask you to be aware of how you share the struggles - staying within our guidelines... you are more than welcome to share your struggle and ask for feedback - allowing other group members to share what has worked for them in similar situations

3. the last thing we journal about is a goal for the week - trying to be proactive in setting a goal for the following week - one that will be both challenging and helpful - most times the goal will be related to whatever the struggle or challenge was - trying again to make steps toward working on a solution in moving forward. if you feel comfortable in talking, we go around the room and share our goals for the week.

Group is dismissed - people are able to visit afterwards and we usually close Ophelia's Place a little after 8pm.

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